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Life Stress Questionnaire

Have you had any of the following things happen to you during the past year? If so, simply circle one of the numbers following each of those items. Score only the items which apply to you.

Life Event

Point Value

Change in social activities	15
Change in sleeping habits	15
Change in residence	20
Change in work hours	20
Change in church activities	20
Tension at work	25
Small children in the home	25
Change in living conditions	25
Outstanding personal achievement	30
Problem teenager(s) in the home	30
Trouble with in-laws	30
Difficulties with peer group	30
Son or daughter leaving home	30
Change in responsibilities at work	30
Taking over major financial responsibility	30
Foreclosure of mortgage or loan	30
Change in relationship with spouse	35
Change to different line of work	35
Loss of a close friend	35
Gain of a new family member	40
Sexual difficulties	40
Pregnancy	40
Change in health of family member	45
Retirement	45
Loss of job	50
Change in quality of religious faith	50
Marriage	50
Personal injury or illness	50
Loss of self-confidence	60
Death of a close family member	60
Injury to reputation	60
Trouble with the law	65
Marital separation	65
Divorce	75
Death of a spouse	100

Grand total

Your total score measures the amount of stress to which you have been subjected.

- A score of 150 or less is normal.
- With a score of 150-250, one-third of all persons will experience illness or accident.
- If you scored 250-300, you have a 50:50 chance of accident or illness.
- Above a score of 350, you may be 75 percent sure of trouble in the months ahead.

Strategies to reduce stress physically and mentally.

- Aerobic exercise
- Affirmation
- Avoid self-medication
- Basketball
- Bicycling
- Bioenergetics
- Biofeedback
- Cry
- Dance
- Develop and maintain a positive attitude
- Do something nice for someone else
- Eat a nutritionally and calorically adequate diet
- Early Riser Technique (maintain "work" routine)
- Floatation
- Gardening
- Get plenty of rest
- Golf
- Handball
- Hobbies
- Hot bath or shower
- Hug
- Hypnosis
- Jog
- Jump rope
- Laughter
- Massage
- Meditation
- Muscle relaxation
- Music
- Nap
- Physical activity
- Play games
- Poetry
- Positive self-talk
- Practice temporary insanity
- Prayer
- Progressive relaxation
- Racquetball
- Read interesting literature
- Realize your own limitations
- Rollerskate
- Schedule worry time
- Share your stress (friends, family, teachers, counselors, help lines, psychiatrist, social worker, church official)
- Sign a contract with yourself! Commit! read the contract regularly! ... and DO IT!
- Stay organized. Set priorities. Make "to do" lists. Eliminate time wasters.
- Swim
- Table tennis
- Take a class
- Take care of yourself
- Take deep breaths
- Tennis
- Time alone
- Transcendental meditation
- Visualization
- Volunteer work
- Walking
- Watch a favorite movie
- Watch a funny movie
- Write things out
- Yoga
- Zen

